

Hawaii MARINE LIFESTYLES

Hawaii Marine B Section

July 9, 2004

A day on the bay

Does the thought of driving to the other side of the island looking for something to do make you blue? Or, have you always wanted to try snorkeling, but you aren't sure what to do? If so, the answer to your problems may be closer than you think.

Story and Photos by
Staff Sgt. Ronna M. Weyland
Press Chief

The adventure begins on Captain Bob's Barefoot I catamaran picnic sail, operated by All Hawaii Cruises, Inc. The four-hour trip takes you on a journey across Kaneohe Bay offering snorkeling and other water events.

Evan Oszajca, captain of Barefoot I, has been giving tours for more than two years.

"We go out every day except Sundays and national holidays," he said. "The trip goes out to the sandbar and then we head over to the coral reef."

The trip departs from the Heeia Pier at 10:30 a.m. and returns at 2:30 p.m.

The first stop of the cruise is K-Bay's famous sandbar. While stopped, the crew of the Barefoot I instructs the proper use of snorkel gear.

Don't worry, if you don't have your own snorkel and mask, the gear will be provided for you. After you have your equipment in order, time is available to practice in the shallow waters around the sandbar before heading to the reef.

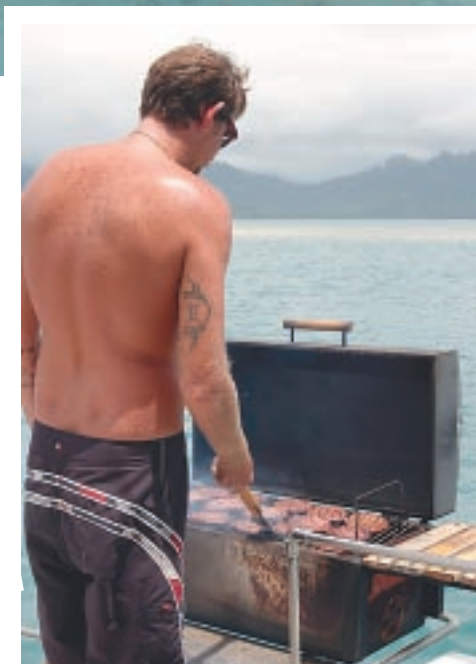
The cruise also offers a Hawaiian-style water volleyball game and includes a barbecue-style lunch cooked on the back of the catamaran. A special veggie burger is also available for vegetarians.

For a relaxing day on the bay, this catamaran cruise is a great way to make it happen. For more information on the cruise, call 942-5077.

The cost for military is adults, \$59; juniors (13-17), \$51; and children (4-12), \$43. Tickets are available for purchase at Information, Tickets and Tours Kaneohe Bay and ITT Camp Smith.



Young adults play Hawaiian-style water volleyball at the sandbar while others snorkel in the shallow bay waters.



Evan Oszajca, captain of Barefoot I, barbecues hamburgers aboard the catamaran while passengers play in K-Bay waters.

Other Snorkel Cruises around the island

Diamond Head Odyssey Cruises

Departs at 10:30 a.m.
from Kewalo Basin
Returns at 1:30 p.m.
Cost: \$44.15 or
\$37.50 at base ticket offices
www.paradisecruises.com

Diamond Head Snorkel Barbeque Cruise

Departs at 9:30 a.m.
Returns at 12:45 p.m.
Cost: \$46.98
www.paradisecruises.com

Note: The base marina offers rentals on powerboats, kayaks and other watercraft. For more information, call 254-7667.

MCCS

MARINE CORPS COMMUNITY SERVICES
www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

July

14 / Wednesday

Staff NCO Bosses’ Night — Invite the boss to the Rocker Room for a little camaraderie from 4:30 to 6:30 p.m. Call him or her out with a game of pool, darts or horseshoes. Plus, remember chicken wings are a steal at 25-cents each.

15 / Thursday

O’Club Block Party — The new porte cochere and landscaping are finished, and the front entrance has a refreshing, beautiful look at your Officers’ Club. Celebrate summer and the new scenery with merriment and munchies at the O’Club Block Party beginning at 5 p.m.

16 / Friday

Latin Night — Save this date because Kahuna’s will turn up the heat with El Conjunto Tropical and a little salsa at 10 p.m.

Ongoing

7-Day Store — The 7-Day Store, located on Lawrence Road, is now open 24 hours. Alcohol, however, is not sold between midnight and 6 a.m.

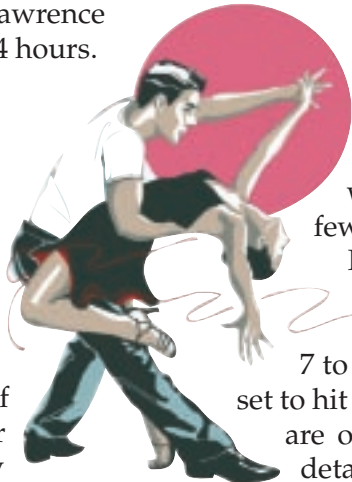
Staff NCO Barbecue — Every Friday, let someone else do the grilling. Head to the Staff NCO Club for your favorite, grilled New York Strip, pork chops, chicken or fish, and a full buffet of all the fixings, which include grilled corn and vegetables, steamed rice, garlic mashed potatoes and mixed green salad. Don’t forget the New York cheesecake for dessert. This Staff NCO Club barbecue is served up from 5 to 9 p.m. Call 254-5481 for reservations.

Mongolian Barbecue — If you don’t feel like cooking dinner, head out to the Officers’ Club for Mongolian barbecue, and leave the work to the professionals. Served buffet style, you can select your favorite veggies and meat including chicken, shrimp, pork and beef, then pile your bowl high and “kick it up a notch” with a sauce of your choice.

Watch the grill masters flip, sauté and grill your dinner to perfection. Mongolian barbecue is served every Wednesday and Friday. Call 254-7649 for more information.

Swing Lessons — The Kahuna’s Ballroom staff is teaching patrons how to dance the swing. Every Monday, swing dance lessons are offered from 7 to 9 p.m. The cost is only \$2, so grab a partner and get ready

to twist, twirl, spin and sweat the night away. For more information, call 254-7660.



Salsa Lessons — Impress with your fancy foot and hip action, when you take a few salsa lessons at K a h u n a ’ s Ballroom any Tuesday from 7 to 9 p.m. You can be set to hit the town. Lessons are only \$2. For more details, call 254-7660.

Cage the Rage — Learn to understand and control your anger Thursdays from 1 to 3:30 p.m. Offered in a series of eight weekly sessions, “Cage the Rage” allows you to start and complete the course at any time. To schedule a brief orientation appointment, call 257-7780 or 257-7781.

Membership Month — July is membership month at the Officers’ Club. All nonmembers who sign up for a First USA membership will receive two complimentary lunches and the opportunity to enter a drawing for a chance to win great prizes such as a Panasonic DVD recorder, a Sony digital camcorder, a Sony digital camera, a Bose Series II Lifestyle System or a Panasonic 42-inch plasma TV. For details, call 254-7650.



From You For You — Marine Corps Community Services is your way of life, and our mission is to contribute to the readiness and retention of Marines and Sailors and their family members

here by providing great programs, preferred goods and excellent services in garrison and deployed environments.

From the 24-hour 7-Day Store to the brand new equipment and classes at the Semper Fit Center, to the adventuresome Youth Activities programs, MCCS is here to serve you.

Every cent you spend on MCCS programs, goods or services is reinvested back into the facilities and programs that you, the consumer, rely upon. Every cent spent is an investment in your community and your Corps.

Quality of life is not a buzzword; it’s our mission.

Lava Java — Located next to the base theater, Lava Java is proudly brewing Starbucks specialties. A variety of your favorite espresso drinks, coffee and pastries are served Mondays through Fridays from 6 to 11:30 a.m.

Mega Video — Check out these weekly rental specials at Mega Video, located in Mokapu Mall aboard Kaneohe Bay.

- Mondays, rent one new release and get one category movie free.
- Tuesdays, rent a video game at regular price and rent a second one for \$2.50.
- Wednesdays, rent three new releases (VHS or DVD) and receive an extra day rental.
- Thursdays, rent one DVD at the regular price; rent the second one for \$1.75 (which includes new releases).
- Fridays, rent family and children’s movies for 75-cents. Sorry, no new releases with this bargain.
- Saturdays, rent any basic stock movie (sorry, no new releases) for regular price, and rent the second stock movie for



\$1.25. •Sundays, rent any “Sunday Special” movie for \$1. Each week, a different section goes on special; see the store calendar for the selected section.

A New Do — Still offering the lowest price on Oahu for a regulation haircut, three conveniently located barbershops aboard MCB Hawaii give patrons their money’s worth at \$6.

The Mokapu Mall barber is in the mall next to the main exchange. However, if you find the lines a bit too long there, head over to the base theater courtyard, in Bldg. 244, to a smaller barber shop with equally talented barbers. And for those who work closer to the flight line, a shop is located in Bldg. 301.

For more information, call 254-6588.

Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, inter-island packages, Norwegian Cruises, and even a five-night Sydney, Australia, package.

Tradewind Travel is open Monday through Friday from 10 a.m. to 6 p.m., and Saturday from 9 a.m. to 2 p.m. For more information, call 254-7413.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel Office located in Bldg. 219 to get a job or career that suits your skills, schedule and style.

Call 254-7619 or visit www.mccshawaii.com/jobs_listings.html to find the position that’s perfect for you.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Bldg. 1629, inside the Kahuna’s Recreation Center. Get more details on activities at www.MCCS.Hawaii.com under the “Semper Fitness” icon, or call 254-7593.

Upcoming Events

Monday-Friday: Learn to be the skipper of your own vessel with “Sailing Lessons” offered at the base marina. SM&SP members save \$55 off the regular price. Your cost is only \$25. Lessons are held from 5 p.m. till dusk. Sign up no later than today.

July 23-25: SM&SP, Kahuna’s and the “101 Days of Summer” campaign will host “48-Hour Hoopla,” an alcohol-free weekend event at the Kahuna’s Recreation Center. The party will begin Friday and end at 4 p.m., Sunday. Participants will earn points in the 101 Days of Summer program. For more details, contact your SM&SP representative or call the SM&SP office.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

•At the Tennis Courts: You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. to 12 p.m. Call 258-8081 for reservations.

Fast cash

Jeff Westra, winner of \$1,000 from McKenna Motors, shakes hands with McKenna Ford Sales Manager Frank Caliri as he accepts his check for having the fastest lap in a Sega GT video game at McKenna Motors Bayfest 2004 this past weekend here.
See pages B-4, B-5 for more BayFest coverage.



Sgt. Joseph A. Lee

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Envy (PG-13)	Today at 7:15 p.m.
Man on Fire (R)	Today at 9:45 p.m.
Godsend (PG-13)	Saturday at 7:15 p.m.
Breakin’ All the Rules (PG-13)	Saturday at 9:45 p.m.
Shrek 2 (PG)	Sunday at 3:30 p.m.
New York Minute (PG)	Sunday at 7:15 p.m.
Godsend (PG-13)	Wednesday at 7:15 p.m.
Envy (PG-13)	Thursday at 7:15 p.m.
Van Helsing (PG-13)	July 16 at 7:15 p.m.
Breakin’ All the Rules (PG-13)	July 16 at 9:45 p.m.

And the band plays on...

Right — Two-year-old Nathalie Bradbury, daughter of Staff Sgt. Collin Bradbury, area communication center chief here, claps and waves her flag while the entourage passes her by during Kailua’s 58th Annual Fourth of July Parade in Kailua, Saturday.

Below — Retired Air Force Maj. Gen. Frank Steer, 103-year-old World War I veteran, is honored as the grand marshal during the parade.

Photos By Staff Sgt. Ronna M. Weyland



Above — Mililani resident Monica Swanson, enjoys the parade in Kailua Saturday, with her sons Luke, 5 months, and Josiah, 5.

Right — Marine Forces Pacific Band Cpl. Alex Nikiforoff, percussionist, plays the bass drum while marching in Kailua’s Fourth of July parade.



Local veterans aboard the “Heroes Trolley,” just a few of the many who were honored in the parade, greet spectators in the Fourth of July celebration over the weekend.



Lance Cpl. Megan L. Stiner



BayFest gathers attendan

Sgt. Joseph
Combat Co

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Top — Rides such as the Zipper (far right), and the Wave Swinger (below), dominate the festival throughout the Fourth of July weekend. Children and adults alike take part in the fun festivities, and smiles — as seen on the faces of these four young girls — were too numerous to count.



Pfc. Rich Mattingly



Lance Cpl. Megan L. Stiner

Right — Crew members from the “Fuelers Gone Wild” team race to the shore in their regatta boat to place first in the 2004 BayFest Bathtub Regatta, Sunday here. Crew members built their own watercraft in preparation for the race. See page C-1 for the full story.

Bottom Right — Festival-goers test their strength and endurance by trying to match up with the Striker. The person who could ring the bell the most times won a Shark Cage Adventure trip.



Lance Cpl. Megan L. Stiner



Lance Cpl. Megan L. Stiner

K-Bay's Fighters Unlimited Boxing Team member Ronald Miller, of Combat Service Support Group 3, takes a jab at LaFrederick Conley, Saturday, during the boxing tournament. See C-1 for the full story.



Lance Cpl. Megan L. Stiner

Maha

Dear Marines, Sailors,

All of us in Marine Co
extend our sincere appre
of BayFest 2004.

BayFest hosted more th
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To the hundreds of M
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Motors BayFest 2004 to
thank you for coming.

Until next year.

Semper Fidelis,
William Lindsey
Assistant Chief of Staf
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Fest 2004 record nce

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Lance Cpl. Michelle M. Dickson



Lance Cpl. Michelle M. Dickson

Train entertained BayFest audiences Saturday with old favorites like “Meet Virginia” and “Drops of Jupiter,” as well as new hits like “Ordinary,” off the “Spider-Man 2” sound-track.
Far Left — Jimmy Stafford, lead guitarist, wails on his guitar alongside bassist Charlie Colin (left).
Below — Pat Monahan, lead vocalist and one of Train’s founding members, rocks the crowd with a convincing rendition of Sublime’s “Love is All I Got,” and a Led Zepplin medley featuring the rock classic “Whole Lotta Love.”



Lance Cpl. Michelle M. Dickson

rocks K-Bay



Cpl. Jessica M. Mills

Left — Indie Rock queen turned pop star Liz Phair, with her guitar strapped on, belts out hits from her new album, as well as old favorites, in front of the Friday night BayFest crowd.
Below — Sgt. Wayne Twaddell, an armorer with the Staff Noncommisssioned Officer Academy, waits patiently while Jo Dee Messina autographs his BayFest hat during her “meet and greet” Sunday at BayFest. Messina, a chart-topping country artist, was the highlight of Sunday’s entertainment.
Bottom — Messina belts out one of many familiar tunes for her adoring fans, including Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii.



Cpl. Jessica M. Mills



Cpl. Jessica M. Mills

Getting back to basics with beans

NAPS
Featurettes

Many health-conscious Americans realize that moderation is the golden rule to dieting, and that a balance of vitamins and minerals is crucial for a healthy body. Adding beans to your diet can be a terrific supplement to create a meal that is both delicious and nutritious.

Beans are a wonderful substitute for meat in a variety of dishes. They're high in protein, low in saturated fat, full of antioxidants and contain no cholesterol. In addition, beans are very high in fiber, which can help lower cholesterol even further, and experts say high fiber foods may also help reduce the risk of various forms of cancer.

Beans are high in calcium, magnesium and potassium, a

combination of minerals associated with reduced heart disease. Eating beans at least four times a week can reduce heart disease risk by 22 percent, and one cup of beans a day can reduce total cholesterol 19 percent.

Beans are the richest source of vegetable protein. Protein is important to help supply the body with material needed to build and repair body tissues (including muscles, bones, glands, skin and teeth). They also have complex carbohydrates, which digest more slowly than simple carb foods, thus satisfying hunger longer.

U.S. consumers already eat about eight pounds of beans per year — in pasta, soups, casseroles, veggie dishes and more. They're easy to prepare and can be a terrific way to impress a special someone with

a gourmet, yet good-for-you meal.

Consider these recipes the next time you're hankering for a hearty, yet heart-healthy meal.

Roman Beans with Heart

1 can Roman Beans, drained and rinsed
1 jar (6 ounces) Artichoke Hearts, drained
1 cup celery, sliced
½ cup red onion rings, sliced thin
½ cup vegetable oil
¼ cup red wine vinegar
½ teaspoon granulated sugar
¼ teaspoon dry mustard
¼ teaspoon black pepper

Combine beans, artichoke hearts, celery and onion; mix well. Blend oil, vinegar, sugar, mustard and pepper, then pour over bean mixture and toss until



Classic Red Kidney Beans and Rice can be the centerpiece of a heart-healthy meal.

all ingredients are coated. Cover and chill before serving.

Classic Red Kidney Beans & Rice

2 tablespoons olive oil

½ cup onion, chopped
¼ cup green pepper, chopped
1 teaspoon minced garlic or 2 cloves garlic, minced
¼ cup tomato sauce
¼ teaspoon oregano
¾ cup water
1 can (15.5 ounces) red kidney beans, undrained
1 packet Sazón with coriander and annatto
2 cups cooked white rice (cooked according to package directions)

Heat oil in saucepan on medium, then add onions, pepper and garlic. Cook 10 minutes, stirring occasionally. Stir in remaining ingredients and bring to a boil. Reduce heat and simmer 10 minutes, then serve over hot white rice.

Additional recipes can be found at www.goya.com.

Seafood gumbo evokes warmth, comfort

Sara Ann Harris
NAPS Featurettes

Warm, savory and hearty describe Louisiana seafood gumbo, the ultimate comfort food. And no wonder, its origin is a rich African stew, melded by gombo or okra, and served for in-gatherings.

You can bring your loved ones together for authentic Creole seafood gumbo. This is slow cooking at its best, a one-dish meal prepared traditionally and lovingly.

For a true Creole flavor, use only the freshest vegetables, herbs and seasonings. It goes without saying that only Louisiana seafood will give you a dining experience that made Creole cooking famous.

As with any Creole sauce or stew, you start with a roux. Actually, that's roux



For this seafood gumbo and an authentic Creole flavor, be sure to use only the freshest ingredients

beuree, or French red brown butter. What follows is always a lovely blend of African vibrancy, Native American

nuance and Spanish zest, the founding influences of Louisiana Creole cooking.

Creole Seafood Gumbo

1 ½ cups oil
1 ½ cups flour
3 cups scallions, chopped
2 cups yellow onion, chopped
5 cloves garlic, chopped
1 teaspoon dill weed
4 bay leaves, whole
Cayenne pepper to taste
3 pounds 31-35 count Louisiana shrimp, peeled
3 quarts hot water
1 pound Louisiana blue crab claw meat
1 pound Louisiana lump blue crab meat
1 pint Louisiana oysters, reserving liquid

In large heavy pot over low flame, brown flour in oil, stirring constantly,

until golden brown. Add vegetables, herbs and seasonings; gently stir until vegetables are soft.

Add shrimp and simmer until pink. Pour in hot water and reserved oyster liquid; blend carefully. Add claw crabmeat and cook over medium heat approximately 45 minutes.

Add lump crabmeat and oysters. Cook until oyster edges curl, about five minutes. Ladle gumbo over rice in soup bowl.

This recipe serves 12.

To warm up your home with more Louisiana seafood, get award-winning recipes from the Gumbo Capital of the World, as proclaimed by the 1973 Louisiana governor. Surf www.LouisianaSeafood.com/Gumbo, where you'll also find more there on Creole cooking made simple.

ON THE MENU AT ANDERSON HALL

Today
Lunch
Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
French Fried Cauliflower
Vegetable Combo
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner
Sauerbraten
Knockwurst w/Sauerkraut
Cottage Fried Potatoes
Egg Noodles
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
Pasta Bar

Saturday
Brunch/Dinner
Grilled Steak
Pork Chop Mexicana

Mashed Potatoes
Spanish Rice
Fruit Nut Bars
Asst. Fruit Pies

Sunday
Brunch/Dinner
Beef Pot Pie
Baked Fresh Fish
Steamed Rice
Bread Pudding w/Lemon Sauce
Peanut Butter Cookies

Monday
Lunch
Teriyaki Chicken
Salisbury Steak
Steamed Rice
Mashed Potatoes
Apple Crisp
Asst. Fruit Pies



Dinner
Baked Meat Loaf
Oven Roast Beef
Parsley Buttered Potatoes
Pork Fried Rice
Apple Crisp
Asst. Fruit Pies

Specialty Bar
Pasta Bar

Tuesday
Lunch
Barbecue Spareribs
Veal Parmesan

Oven Browned Potatoes
Buttered Egg Noodles
Devil's Food Cake w/Mocha Butter Cream Frosting
Asst. Fruit Pies

Dinner
Swiss Steak w/Brown Gravy
Baked Fish Fillets
Lyonnaise Potatoes

Steamed Rice
Devil's Food Cake w/Mocha Butter Cream Frosting
Asst. Fruit Pies

Specialty Bar
Taco Bar

Wednesday
Lunch
Baked Ham
Chili Macaroni
Candied Sweet Potatoes
Grilled Cheese Sandwich
Bread Pudding
Peanut Butter Cookies
Asst. Fruit Pies

Dinner
Baked Stuffed Pork Chops
Turkey Pot Pie
Mashed Potatoes
Steamed Rice
Bread Pudding
Peanut Butter Cookies



Asst. Fruit Pies

Specialty Bar
Hot Dog Bar

Thursday
Lunch
Cantonese Spareribs
Baked Tuna & Noodles
Shrimp Fried Rice
Pineapple Upside-Down Cake
Asst. Fruit Pies

Dinner
Swedish Meatballs
Caribbean Chicken
Steamed Rice
O'Brien Potatoes
Pineapple Upside-Down Cake
Asst. Fruit Pies

Specialty Bar
Taco Bar

Did You Know?

How you handle, cook and store your food can make the difference between getting sick or staying healthy, since undercooked meat, poultry, fish and eggs can contain harmful bacteria.

Keeping food safe is a four-step process: clean, separate, cook and chill. Wash your hands before handling food. Clean cutting boards and utensils before moving on to another food.

Cook all meat and poultry to recommended temperatures, and never eat hamburger that is pink in the center. Chill or freeze leftovers within two hours.

WORD TO PASS

Local Theatres Celebrate the Arts

If the play’s the thing for you, catch any one of the following performances:

- *Today – July 25:* At the Hawaii Theatre, see “Once Upon One Time,” an encore musical with Hawaiian adaptation of fairytales. Call 528-0506 for more details.
- *July 16 – 18:* At Mother Waldron Playground in Kakaako, catch the “Hoop Jam Basketball Festival,” including the Dixie Grill Slam Dunk Contest. All proceeds go to local charities. Register at www.hoopjam.net or call 235-2020, ext. 2.
- *July 30:* At the Hawaii Theatre, catch “Swingtime in Hawaii,” at 7 p.m., part of the International Jazz Festival. Tickets cost \$20 to \$45; call the box office at 528-0506, or surf www.hawaii theatre.com.
- *July 31:* At the Hawaii Theatre, groove with “International Jazz” at 7 p.m. Tickets cost \$20 – \$45.
- *Upcoming:* At the Army Community Theater (Richardson Theatre, Fort Shafter), get season tickets for “West Side Story,” “The King and I,” “Miss Saigon,” and “The Secret Garden,” all now available. Call 438-4480 for more details.
- *At the Honolulu Symphony:* Catch the Hawaiian Airlines Pops Series of classical and pop selections from Burt Bacharach to Arturo Sandoval when the season opens Sept. 10. Tickets are on sale now. Visit www.HonoluluSymphony.com.

HTY Invites Military Kamaaina

To celebrate 50 years of quality children’s theatre entertainment and drama, the Honolulu Theatre for Youth will present six spectacular shows by esteemed local and national playwrights. Artistic Director Mark Lutwak said the shows offer “some compelling ‘message’ theatre, it boasts a few world premieres, and it’s a line-up that appeals to everyone from teachers to 2-year-olds, to teens and their families.”

A military special is available for all active duty, family members and retirees with a valid ID card of buy one ticket, get one of equal or lesser value free. Season tickets are \$16 for adults, \$8 for youth (18 and under) and seniors (over 60).

Surf www.htyweb.org for details, or call HTY at 839-9885.

Aquarium Hosts Summer Activities

Summer is here and the Waikiki Aquarium is celebrating with a wide

range of activities and programs for youth and adults. Rediscover the Aquarium during the following events:

- *Today and Aug. 20:* From 7 p.m. to 8 a.m., spend “Overnight With the Sharks” at the aquarium during this family overnigher. Minimum age is 5 years, and adults must accompany youngsters. Evening refreshments and a continental breakfast are included. Cost is \$30 adults, \$25 children.
- *July 19:* At 7 p.m., celebrate the rite of reef renewal at “Coral Spawning.” Cost is \$16.
- *July 23, Aug. 13 and Sept. 17:* From 7 to 9 p.m., discover if fish sleep, sea snails snooze or weedy sea dragons doze during the guided flashlight tour, “Aquarium After Dark.” Cost is \$7 adults, \$6 children.
- *July 31 and Aug. 29:* From 8 to 10:30 a.m. (7:30 a.m. on the 31st), take a walk on the reef and explore the shoreline, reef flats and tide pool habitats during “Exploring the Reef by Day.” Cost is \$10 adults, \$8 children.

The Waikiki Aquarium is the third oldest public aquarium in the United States, and open daily from 9 a.m. to 4:30 p.m. Regular admission is \$7 tourists, \$5 residents and military, \$3.50 youth 3-17, and free to children 12 and under. Aquarium members enjoy additional discounts. Call 923-9741 or visit www.waquaquarium.org for more details.

McKinley Book Sale Begins Tomorrow

The Friends of the Library of Hawaii will hold their 57th Annual Book Sale of thousands of gently used books for readers of all ages at the McKinley High School cafeteria, beginning tomorrow through July 16 from 10 a.m. till 9 p.m. and July 17 from 9 a.m. till 2 p.m.

In an effort to promote the joys of reading and lifelong learning, the Friends said they will provide more than 150,000 items for sale, to include sheet music, records, audio and videotapes, CDs, DVDs, puzzles, maps and tons of other worthy items.

Most materials will sell for just a dollar. All proceeds will benefit the Hawaii State Public Library system, to purchase new books and equipment, and fund library programs that aren’t provided for in annual budgets.

Volunteers are needed; call 536-4174 for details.

Base Chapel Posts Outreach Programs

The base community is invited to participate in the following upcoming outreach programs hosted by the Kaneohe Bay base chapel. Call 257-3552, ext. 28 or 31, for more details about events, activities and religious programs.

- *Monday – Friday:* From 9 a.m. to noon, participate in “The Bible Bears” Vacation Bible School, where youth can enjoy a morning filled with songs, crafts and fun activities. Register immediately.
- *Aug. 28:* Married or engaged couples are welcome to make an investment in their relationship at the “Couples Communication & Problem Solving Skills Workshop,” from 9 a.m. to 3 p.m.

Wednesday’s ‘Wildest Show’



to Benefit Zoo

All of Oahu are invited to the 2004 AT&T Wildest Show — any Wednesday this summer — where all can help support the Honolulu Zoo and enjoy entertainment provided by the following popular entertainers:

Wednesday — Noel Okimoto & Ohana (Jazz), and
July 21 — Kaena (Island Contemporary).

Gates will open at 4:35 p.m., and shows will run from 6 to 7 p.m. on the stage lawn. A dollar donation is requested to benefit the zoo. Call the Honolulu Zoological Society at 926-3191 for more details.

July 21 is 13th Annual ‘Ride to Work Day’

The “Ride to Work” organization supports the use of motorcycles for transportation, and the grass roots advocacy group provides the general public information about transportation alternatives.

This July 21 (always on the third Wednesday of each July), motorcyclists are encouraged to ride their motorcycles to demonstrate the following safety issues and statistics: That motorcycles are for transportation as well as recreation, that motorcyclists can reduce traffic and parking congestion in large cities, that motorcycling is a social good, that

motorcyclists are from all occupations and walks of life, and that the number of motorcyclists has dramatically increased.

For more information on the Ride to Work campaign, go to www.ridetowork.org.



Bishop Hosts Diverse Entertainment

Bishop Museum is chockfull of activities to engage youth, teenagers and adults throughout this summer, including the following.

- *Thursday:* Some of Hawaii’s hottest recipients of the Na Hoku Hanohano Award will converge on the museum’s Great Lawn for two more special pau hana concerts this summer. In the second offering of “Moonlight Mele,” catch Na Leo Pilimehana under the stars at 7 p.m. Doors open at 6 p.m., and costs are \$15 general admission, \$10 Bank of Hawaii employees and museum members, and \$5 for children 4 – 12 years.
- *Through Aug. 1:* See “Seasons of Life and Land,” a photo exhibit.
- *Ongoing:* See “Dr. Hillebrand in Hawaii” on display in the Hawaiian Hall. This exhibit explores the botanist’s contributions to the Kingdom, and runs through April 2005.

The Bishop Museum is open from 9 a.m. to 5 p.m. daily. Military, youth (4-12) and senior admission is \$11.95; regular, \$14.95; and kids under 4 and museum members are free.

Honolulu Offers Surefire Comedy

- *July 16:* At 7:30 p.m. in the Neal Blaisdell Center’s Pikake Room, enjoy the Laugh Factory’s latest talent on display. Comedian Ralphie May played to sold-out audiences in Waikiki, last year. He’s best known for appearances on “The Last Comic Standing,” “The Tonight Show with Jay Leno,” “Jimmy Kimmel Live” and “the Late Show with Craig Kilborn.” His show is open to the 18-years-and-older crowd.
- Tickets cost \$25 at the Blaisdell Box Office and all Ticketmaster locations including Times Supermarkets.

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PERSONAL TECHNOLOGY

Access revolution

Wireless ‘hot spots’ are reshaping high-tech lives

Bob Keefe

Cox News Service

ATLANTA — The Internet changed how we work and play. Now, the way we access the Internet is changing our lives again.

Public “hot spots” allow on-the-go computer users to check their e-mail from hotels, coffee shops and public buildings. Home networks let users — everyone in the family, all at the same time — go online from the couch, basement playroom or patio.

Wireless access is bringing the World Wide Web closer to living up to its name. Many who use wireless Internet access compare it to the advent of cordless or cellular telephones. Others compare it to the transition from the wired telegraph network to the wireless radio a century ago.

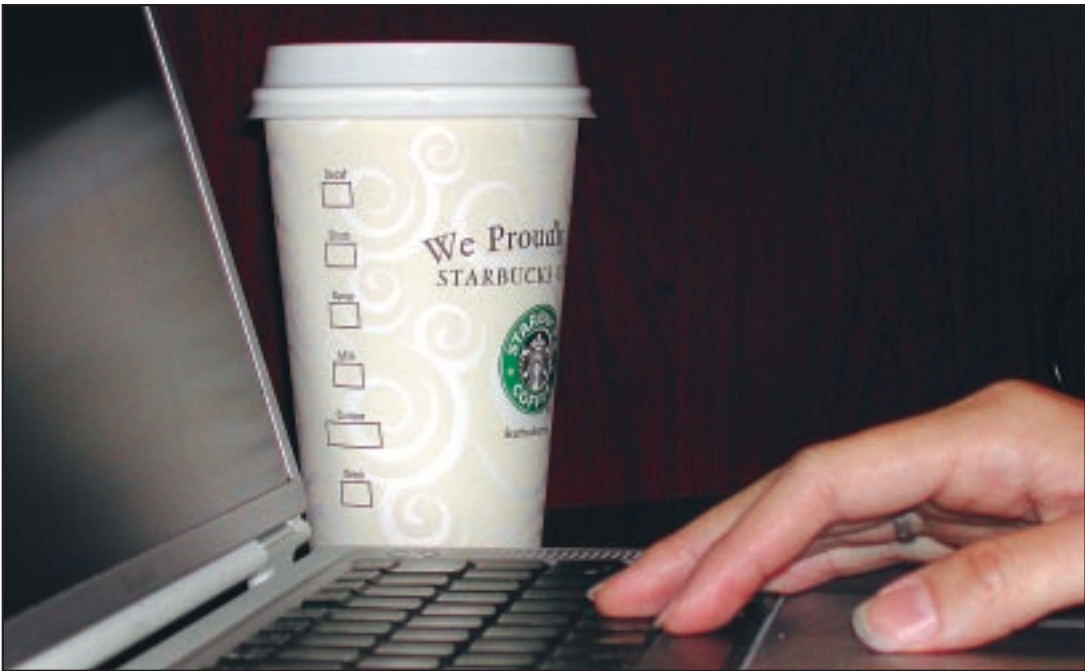
“It’s affected me profoundly,” said Mike Gosey of Alpharetta, Ga., a sales manager for a software company. While traveling, his temporary offices are hotels and Starbucks coffee shops, where he can check e-mail, connect to his company’s network or search the Web for directions or a good restaurant.

He also has a wireless network at home, which allows him to work on the dock by the lake in his backyard or anyplace else he wants.

“The worst thing as a sales manager is not getting information as quickly as I need it,” Gosey said. “Having wireless available in most places where I go means that’s not a problem.”

The number of “wi-fi” — wireless fidelity — hot spots is growing like wildfire. There are an estimated 43,500 of them around the world, about half in the United States, according to JiWire, which publishes a searchable online directory of hot spots. That’s up about 280 percent in just the past nine months.

In Atlanta, civic leaders hope to



Kristin Herrick

The spread of wireless fidelity “hot spots” — such as Octane coffee shop in Atlanta, where laptop computer users access the Internet for free — helps keep tech-savvy consumers tuned in.

become the most wireless city in America. In April, the city council passed a resolution aimed at creating what could become the biggest wi-fi network in the world, beginning with hot spots at City Hall and Hartsfield-Jackson International Airport, with plans to expand throughout the city.

Just like cell phones today, “wireless [Internet access] is going to become a very critical part of everybody’s day-to-day life,” predicted Abe Kani, the city’s chief technology officer who’s leading a program to create the citywide wireless network.

For about \$6 a day, anybody with a wireless-enabled, laptop computer will someday be able to log on to the Internet in many parts of Atlanta, Kani said. Someday, the city hopes to make access free for all. The network is also being designed to serve as a backup communications system for the fire and police departments.

“I have no doubt the impact of wireless will become as big as, or maybe even exceed, the impact of the Internet itself,” Kani said.

In the meantime, many users with wireless-capable laptops already find places to access the Internet.

At Octane, a coffee shop that was one of the first places in Atlanta to offer free wi-fi, customers say they like having the comforts of doing business without the distractions of home or office.

“I enjoy being in the cafe,” Paul Erwin said as he surfed the Net. “I’m able to do more work here. I find it difficult to get motivated at home.”

Sitting beside him, Annie Valdes, an Atlanta-based independent consultant, logged on while she lunched. She said she’s been using a wireless laptop for about a year and never has had problems with the technology.

“It’s just a matter of finding places that have a free connection and good food,” Valdes said.

Tech-savvy customers such as Erwin and Valdes have helped Octane fill the lull between customers searching for a morning pick-me-up and those pulling all-night work sessions.

“It’s given us something to pull people in,” said owner Tony Riffel.

Octane’s wireless connection is provided by Atlanta-based 3rd Wave at no cost, provided the cafe continues to allow patrons to log on for free. The company started providing the service largely because its executives wanted their favorite hangouts to be hot spots, explained Rich Tanksley, director of business development for 3rd Wave.

But despite the promise of wi-fi, some wonder whether it’s another overhyped Internet bubble waiting to burst. The number of hot spots is growing, but the same can’t be said about the number of people who use them.

Only about 9 percent of computer users have even tried wireless Internet access, according to Forrester Research. And only about 4 percent said in a recent Jupiter Research survey that they had paid to use a hot spot.

“The needle is moving, but wireless today is still mainly for ... mobile professionals,” said Jupiter analyst Julie Ask.

Did You Know?

Forty years ago, the first Sharpie markers rolled off the production line, and several billion markers and 17 colors later, the iconic brand is more popular than ever.

To celebrate this milestone, Shelbyville, Tenn., which produces hundreds of millions of markers a year, is hosting the world’s largest Sharpie festival — dubbed Sharpiefest — and is changing its name to Sharpieville USA in August. To help with the transformation, the brand is teaming up with NASCAR’s Kurt Busch, to leave his mark on the town — with a giant marker in-hand.